



Multicultural Resource Kit

# Giving Communities a Sporting Chance



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**Giving Communities a Sporting Chance: A Multicultural Resource Kit**

Published by The Centre for Multicultural Youth

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### **About CMY**

The Centre for Multicultural Youth (CMY) is a community based organisation that advocates for the needs of young people from refugee and migrant backgrounds. In supporting young people, CMY combines policy development and direct service delivery within a community development framework. This approach gives CMY strong connections with young people and their communities while enabling positive change on a local, state and national level.

### **Multicultural Sport and Recreation Project**

CMY's Multicultural Sport and Recreation Project aims to increase the number of ongoing sporting opportunities for newly arrived, refugee background and migrant young people. CMY addresses the health inequalities of these population groups by supporting the sport, government and community sectors to be more inclusive and to create and foster sport and active recreation opportunities for this target group. CMY works towards creating a sport and recreation sector inclusive of diversity; providing assistance to State Sporting Associations, Regional Sports Assemblies, leisure centres and local government in the development of diversity and inclusion policies and strategies. The Multicultural Sports and Recreation project aims toward greater participation in sports and recreation activities for newly arrived refugee background and migrant young people.

*For more information about the work of CMY, go to [www.cmy.net.au](http://www.cmy.net.au)*



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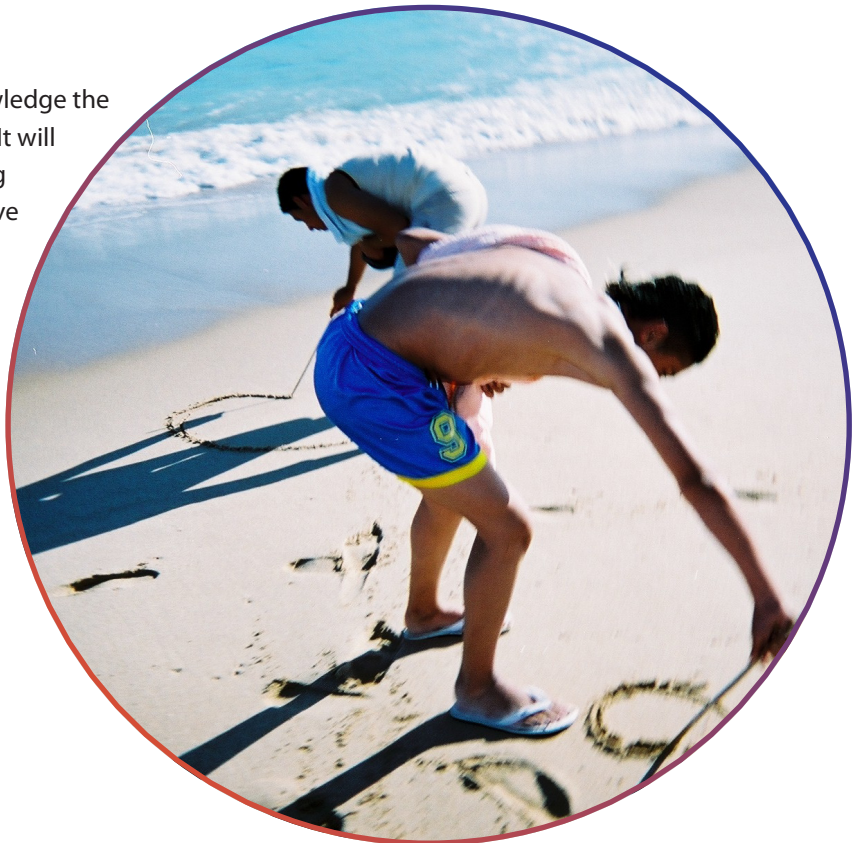
# 1 | preface

Victoria is one of Australia's most culturally diverse states. Around one in four Victorians were born overseas, or have at least one parent born overseas. This resource offers you practical strategies and resources to encourage greater participation in sport and recreation activities

The aim of this resource is to strengthen your organisation's ability to diversify, and to acknowledge the benefits to both providers and the community. It will ensure that all community members—including those from culturally diverse backgrounds—have the opportunity to participate, feel welcome and enjoy taking part in physical activity in Victoria.

**Carmel Guerra**

Chief Executive Officer  
Centre for Multicultural Youth







## 2 | glossary of terms

### Migrant

A migrant is someone who leaves their country of origin voluntarily to seek a better life for a range of personal and economic reasons. Generally, migrants have made the choice to leave and have had the chance to plan and prepare for migration and generally, can return at any time if they wish.

However, it should be noted that for young people who have come to Australia as migrants with their families, many may have had little choice in the decision to migrate.

### Refugee

The United Nations 1951 Convention Relating to the Status of Refugees, to which Australia is a signatory, defines refugees as people who:

*Are outside their country of nationality or their usual country of residence; and are unable or unwilling to return or to seek the protection of that country due to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion...*

### Young person

The UN defines 'youth' as someone between the ages of 15 and 24 years inclusive. In Australia, government and non-government services commonly expand this definition to include 12 to 25 year olds.

It should be noted, however, that the concept of youth is understood differently across cultures as it relates to life stages, roles within the family and other social expectations.

### Newly arrived young person

A young person who was born overseas and has lived in Australia for a relatively short period of time. The Federal Government defines 'newly arrived' as someone who has been in Australia for 5 years or less.

### Social inclusion/exclusion

There are many and varied definitions of social inclusion and social exclusion. It can be understood as:

*Social inclusion is about making sure that all children and adults are able to participate as valued, respected and contributing members of society.*

*Donnelly & Coakley (2002, viii-ix)*

## The differences between Migrants and Refugees

### REFUGEES

**Forced to leave their country**  
**Leave in a hurry**  
**No chance to say goodbye**  
**No chance to learn the language before**  
**Most cannot return home**  
**Most cannot call home**  
**Experience of trauma and/or torture**

### MIGRANTS

**Choose to leave their country**  
**Can pack their belongings**  
**Can study the language before arriving**  
**Can call home to their families and friends**  
**Can return home if they want to**

## 3 | why be more inclusive?

### 3.1 Benefits of Diversity for Inclusive Clubs

- ▲ Increased membership base
- ▲ Financial benefits associated with a greater membership base
- ▲ Access to new talent pool with abilities & skills
- ▲ Ensures everyone feels respected & valued regardless of ability, cultural background, religion
- ▲ Opportunity to diversify & learn more about other cultures
- ▲ Social benefits associated with new members and their family groups
- ▲ Potential for greater volunteer/administration services and skills
- ▲ More accurate reflection of cultural demographics
- ▲ Social responsibility

### 3.2 The role of sport and recreation in settlement

Do newly arrived migrant and refugee background young people want to participate in sports and recreation activities? The answer is “YES”!

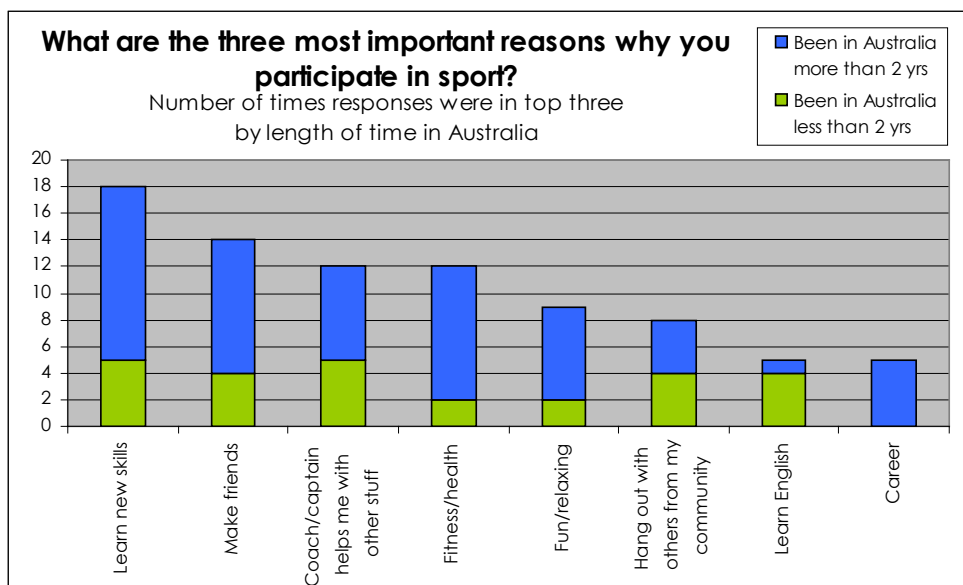
Sport can play an important role in resettlement for newly arrived migrant and refugee background young people. It provides a break from worrying about settlement issues and an opportunity to keep fit and have fun.

#### Case Study: the Brunswick Zebras

In March 2009, the Brunswick Zebras Junior Football Club launched ‘*The Community Coaching Program*’ (CCP). The program aimed to train and support aspiring young coaches from newly arrived communities to build their skills and confidence, while supporting them to take on leadership roles within the club. Carole Fabian from the “Zebras” asked CMY’s Project Officer to invite participants to the program and 4 young men from Hume joined.

The CCP ran for a total of 6 weeks during the off-season at the club grounds in Sumner park, Brunswick. The program was well attended with an average of 16 participants each week. The participants came from a variety of Melbourne’s northern suburbs, many of which were supported with transport by local community organisations and club volunteers. The program was well organised by Carole Fabian and Ivan Jolic from the “Zebras”. All participants were made to feel very welcome and supported throughout the program. There was a great atmosphere each week and the young people enjoyed spending time with like minded soccer enthusiasts.

continued over



### Top reasons newly arrived young people participate in sport and recreation:

- To learn new skills
- It's fun and coach/captain helps me with other stuff
- Good way to make friends
- For fitness and health reasons

Survey conducted at Springer Leisure Centre by CMY (Easter 2007)

As part of the Community Coaching Program, participants were offered an opportunity to take accredited training through the Football Federation Victoria (FFV) and four young men completed their Grassroots and Junior Coaching Licenses.

A family fun day was organised to celebrate Harmony Day, and the successful completion of the CCP. This was a chance for club players, coaches, friends and families to relax while enjoying a friendly game of football and some great food.

The role of sport in settlement is perhaps best illustrated through two participants from the CCP, who proposed running a six week coaching program at Broadmeadows English Language Centre as part of their VCAL course. As former students of the centre, the boys felt a great sense of pride and achievement in returning to the centre to deliver the coaching program (in English) to 80 students. They felt it was important to give something back to those that had helped them when they arrived. In this case, sport has led to increased confidence, improved English skills, the development of leadership skills, an expansion of social and potential employment networks, as well as a greater engagement in the community.

### Other success stories from the program include:

- Increased confidence and social networks for all CCP participants
- All participants achieved the Grassroots Coaching License and a number of participants went on to achieve their Junior Coaching License
- Three participants took up paid employment through the Community Coaching
- Recognition from the Australian Sports Commission (ASC), with two participants interviewed about their experiences in the program
- Creation of a new girls team at BZJFC, resulting in increased membership for the club
- Strong organisational partnerships – BZJFC and CMY have worked together since the CCP on similar projects

The Brunswick Zebras Junior Football Club has removed or lessened the barriers to participation that can exist for newly arrived communities. In doing so, it has supported newly arrived migrant and refugee families to take part in mainstream sporting and social activities thereby increasing their own social networks and ultimately aiding their settlement in Australia.

### 3.3 Barriers to participation & Strategies to overcome them

Studies suggest that the rates of participation in structured sport and recreation activities by those from newly arrived communities is low compared to their Australian-born peers.

Refugee background and newly arrived migrant settlers face many barriers hindering their participation in physical activity. By being aware of these barriers, you will be well placed to overcome them and involve newly arrived migrant and refugee background young people in much needed sport and recreation activities.

Note that many of the barriers listed below may also relate to other population groups such as Indigenous people, people with a disability and people from low-socio-economic backgrounds.

#### Barrier: Lack of parental support/involvement

The experience of resettlement in a new country is both difficult and daunting. Individuals and families are required to adjust to a different culture, language and social systems. Refugee young people may be faced with additional burdens such as the physical and mental impact of torture and trauma, and the loss of family members. With all of these daily challenges, children's involvement in sport and recreation is not seen as a high priority for newly arrived parents. Family or cultural commitments may also take priority over physical activity.

#### Strategies

- Involve families. Invite the parents and young people to an open day/information session at the beginning of season to talk about the importance of sport and how the families can help. Most young people will rely on their parents giving them permission to take part in activities; by being involved you will not only increase the number of young people participating, you will involve more people in your program/club/leisure centre, with all the benefits that this brings.

- Network with local schools, youth groups and your local council. Some successful sports and recreation programs involving newly arrived migrant and refugee background young people have relied on support from people like youth workers and teachers.

#### Barrier: Cost

The costs associated with physical and recreation activities can often be too much for a newly arrived family to cover. Refugee background families may have additional financial responsibilities to send money to family members who are still living in the country of origin or in refugee camps. Many families also arrive in Australia indebted to family members or others for the cost of their airfares to Australia.

#### Strategies

- Subsidise fees through grant opportunities or fundraising. Check [Section 3](#) for information about funding opportunities.
- A gold coin donation to cover costs is affordable, and does not devalue the program.

#### Barrier: Transport

Newly arrived migrant and refugee background young people tend to rely on public transport to access leisure venues. Facilities that are centrally located, and close to public transport, play an important part in accessing sport for newly arrived migrant and refugee background young people.

#### Strategies

- Use local schools or Youth Services to transport young people to specific programs, if accessibility is limited.
- Investigate community buses as another potential solution.
- Include maps and bus/train times in your posters/promotional materials. These can be found at <http://www.street-directory.com.au> and [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au)
- Car pooling could also address this issue.

### **Barrier: Lack of knowledge about Sports and Recreation Providers**

Many newly arrived communities are not familiar with sports and recreation providers and the activities they provide.

#### **Strategies**

- Make translated and youth friendly information material available to newly arrived communities.
- Run information sessions where the young people are
  - at language schools etc.
- Promote your facilities and services within ethno-specific organisations and through ethnic media to reach your target audience effectively.
- Encourage people to join in through guided tours or 'Come and Try' Days that are run with language support for ethnic community groups.
- Offer 'Come and Try' sessions during lunch hour at local schools..

### **Barrier: Lack of Options for newly arrived migrant and refugee background young women**

Newly arrived migrant and refugee background young women have limited opportunities to participate in physical and recreation activities due to barriers experienced from both leisure facilities and from within their own communities. Barriers can include: lack of appropriate facilities; lack of culturally specific programs available; and lack of encouragement from their families and communities.

#### **Strategies**

- Implement culturally specific programs addressing specific needs, such as women's only swimming programs.
- Consider flexible program times (after dark is not an option for some newly arrived migrant and refugee background young women).
- Ensure adequate numbers of female supervisors/trainers.
- Liaise closely with communities to earn their trust and understanding of your centre, programs, procedures and staff. Promote the importance of physical activity.

- Download Tip Sheet 4 from:  
[www.cmy.net.au/ MulticulturalSports](http://www.cmy.net.au/MulticulturalSports)  
for more information

### **Barrier: Uniform requirements for young women/men**

Some communities may expect men, and particularly women, to dress modestly, so short shorts and singlet tops may not be appropriate.

#### **Strategies:**

- Be flexible around uniform requirements and allow young women to wear long pants and long sleeves if they want to dress modestly.

### **Barrier: Perceived lack of an inclusive environment**

Experiences of perceived racism or discrimination can deter a newly arrived migrant and refugee background young person from participation in a new environment. If they are not made to feel welcome, there is little incentive for continued participation.

#### **Strategies**

- Have inclusion policies in place and display them around the centre in English, as well as community languages.
- Target bilingual workers from newly arrival communities for employment as referees, umpires, administration workers or life guards. They will be a great link between your organisation and the communities you hope to involve.
- Create a welcoming culture at your club, where clear boundaries are set around discriminatory behaviour.
- Display "hello" and/or "welcome" in different languages. These can be sourced from:  
<http://www.wikihow.com/Say-Hello-in-Different-Languages> and <http://www.omniglot.com/language/phrases/welcome.htm>

### Barrier: Language

Promotional material needs to be accessible to both newly arrived young people and their parents.

### Strategies

- Use youth friendly translated information to target young people – use lots of pictures and self-identifying language (“Are you a young person?”, “Do you like soccer?” See [Section 3](#) for a good example).
- Use culturally appropriate, translated information to target parents about the benefits of sport and recreation, and the services your organisation provides. Services such as VITS: (<http://www.vits.com.au/translating.htm>) can assist you, and there are parental consent forms in a variety of languages for download at: [www.cmy.net.au/MulticulturalSports](http://www.cmy.net.au/MulticulturalSports).

### 3.4 Working with newly arrived migrant and refugee background young people

When working with newly arrived refugee background young people, it is important to treat them as you would treat other young people (i.e. equally and fairly), but it is also important to have an understanding of potential issues that may be affecting them.

Refugee background young people often undergo a variety of traumatic experiences prior to settling in Australia. These experiences can include torture and trauma, persecution, loss of loved ones, and periods of time spent in refugee camps. The needs of newly arrived young people in Australia are shaped by their experiences as refugees and as a result, they require support through the process of resettlement. Refugee background young people face multiple risk factors that often lead to long-term social and economic disadvantage, undermining successful settlement. These young people arrive in Australia at a critical developmental time in their transition from childhood to adulthood. The stress of navigating adolescence is compounded by the difficulties of transition to a new country, culture and language, a history of trauma and poor health, disrupted education, and loss of and

separation from family and community. The resettlement needs of refugee background young people therefore include education/training, housing/accommodation, recreation and health (social, mental and physical).

It’s also worth acknowledging that while many young migrants will have come to Australia with their families, they may have had little choice in the decision to migrate. Like the refugee experience, being a young migrant is likely to involve dislocation and some level of grief and loss. Young people from migrant backgrounds may have left behind significant relationships and a sense of belonging to their home country and/or community, and will also be negotiating the developmental challenges of adolescence.

On a positive note, despite the immense difficulties of resettlement and recovery, refugee background young people make great progress and bring a wealth of skills and strengths to the Australian community.

#### These can include:

- Resilience and resourcefulness
- Adaptability
- Strong commitment to the family and the value of community; and
- A strong desire to achieve educationally

#### Useful checklist for Working with newly arrived migrant and refugee groups and individuals:

- Make it visual
- Show and Tell
- Use their language
- Give it time
- Keep it simple
- Say it again
- Get help
- Walk in their shoes

(Source: R.D Irwin, 1994 Centre for Ethnic Health.)

## Religion

The following information gives an overview of common religions practiced in Australia (see table below). In terms of involvement in physical activity, religious practices may impact on: the days or times certain faiths can play or train; attend functions; the type of food that can be eaten at functions, etc.

For example, Muslims may not be able to exercise much during the month of Ramadan, as they fast during daylight hours. Because no food or liquid is allowed during the day, this may make participation in medium or intense training dangerous. Just ask the participants if you are not sure.

### Top 10 Religions for Settlers Arriving in Australia in 2008-2009

Religion	Number of Settlers
Christian (nfd)	6,030
Islam	4,163
No Religion	4,108
Catholic/Western Catholic	2,219
Buddhism	1,701
Hinduism	1,689
Chaldean Catholic	1,100
Sabean Mandeian/Sabian	864
Catholic (nec)	550
Assyrian Church of the East	452
Others	2,388
<b>Total Religion Known</b>	<b>25,264</b>
<b>Religion Unknown</b>	<b>124,953</b>
<b>Total</b>	<b>150,217</b>

Note: Chart excludes 'Religion Unknown'

Source: <http://www.immi.gov.au>

### Where to go for more information

The internet is a great source of information.

Try [www.wikipedia.com](http://www.wikipedia.com) and interfaith calendars if you are interested. But the best source of information will be the participants in your program or attending your centre. They will be happy to share information with you about themselves and their culture.

### Case Study: Essendon AFL player Bachar Houli

In Adelaide two years ago, as captain of Vic Metro's under-16 side, he had to ask his roommates to turn their music down while he prayed. "They were getting loud. They loved their music and when you pray you need total concentration," Houli said.

"I spoke to the boys with respect, and they respected that. They were really into it; they wanted to know what it was about. I had the boys asking me questions every day, and I loved it. I loved sharing knowledge and helping people understand who I am."

("Hero Stories" Emma Hayle, Sports Without Borders)



### 3.4 Culture and Communication

Culture influences all areas of our lives. We should take care to avoid stereotyping and attaching certain behaviours to particular communities, as everyone you work with will be different. Some examples where culture can influence behaviour include body language, body contact and naming conventions.

Don't worry, you don't have to be an expert on all aspects of culture and religion. The important thing to remember is that people may behave in situations differently from the way you might expect. It isn't right or wrong—just different. If you are unsure about something, just ask the participants. You might make 'mistakes', and that's okay—it's all part of the learning process.

As a sports and recreation provider, you are probably already an expert on working with young people; so when working with newly arrived migrant and refugee background young people, just be aware that there might be some different expectations, and take the time to explain everything clearly. Sport may be approached differently in other cultures—there may not be the same expectations around training, drills and uniforms. In some countries, there is more of a 'turn up and play' approach. As an inclusive sporting club, you could have lots of enthusiastic players on your hands!

#### Communication Tips

Tips for communicating with participants in a sporting program include:

- **Keep it visual**
- **Teach through demonstration**
- **Check for understanding**

You don't need to speak very slowly or very loudly, just clearly and using simple words. Try to avoid jargon or slang, as this can be really confusing for someone learning English as a second language.

Don't give up if you do not get your message across straight away. The young person wants to understand you, as much as you want to be understood. Just try again and leave time for your instructions to be processed.

#### Multicultural Checklist

- ☐ Do you have a strategy for increasing participation of newly arrived migrant and refugee background groups?
- ☐ Do you liaise with key ethnic community groups or organisations?
- ☐ Do you have an inclusion policy?
- ☐ Does this policy contain procedures for dealing with incidents of racial and religious vilification?
- ☐ Do you collect data of ethnic participation?
- ☐ Are you aware of funding opportunities for provider programs targeting newly arrived migrant and refugee background groups?
- ☐ Do you have statements that demonstrate to members and potential members your support of diversification?
- ☐ Does your board of management endorse diversity and inclusion programs and procedures?
- ☐ Do your management, volunteers and members reflect the diversity of your target groups?
- ☐ Are your uniform requirements flexible, accommodating different religious/cultural practices?
- ☐ Do you promote/market and liaise with newly arrived migrant and refugee background communities, organisations and ethnic media?



# 3 | practical information for sport and recreation providers

## 4.1 Funding and Grant Opportunities

Organisation	Phone	Website
<b>VicHealth:</b> <ul style="list-style-type: none"><li>• Active Participation Grants</li><li>• Sport Safety Promotion</li></ul>	(03) 9667 1333	<a href="http://www.vichealth.vic.gov.au">www.vichealth.vic.gov.au</a>
<b>Australian Sports Foundation</b>	(02) 6214 7868	<a href="http://www.asf.org.au">www.asf.org.au</a>
<b>Grants Link</b>	1800 026 222	<a href="http://www.grantslink.gov.au">www.grantslink.gov.au</a>
<b>Our Community Matters</b>	(03) 9320 6800	<a href="http://www.ourcommunity.com.au">www.ourcommunity.com.au</a>
<b>Sports Without Borders</b>	(03) 9349 2729	<a href="http://www.sportswithoutborders.net.au/">www.sportswithoutborders.net.au/</a>

## Philanthropic organisations

Organisation	Phone	Website
<b>Telstra Foundation</b>	1800 208 378	<a href="http://www.telstrafoundation.com">www.telstrafoundation.com</a>
<b>Philanthropic Guide</b>	(03) 9662 9299	<a href="http://www.philanthropy.org.au">www.philanthropy.org.au</a>

## State Government

Organisation	Phone	Website
Victorian Multicultural Commission	(03) 9651 0651	<a href="http://www.multicultural.vic.gov.au">www.multicultural.vic.gov.au</a>
Sport & Recreation Victoria	(03) 9208 3333	<a href="http://www.sport.vic.gov.au">www.sport.vic.gov.au</a>
Office of Women's Policy	(03) 9208 3129	<a href="http://www.women.vic.gov.au">www.women.vic.gov.au</a>

## Federal Government Departments

Both the Department of Immigration and Citizenship, (<http://www.immi.gov.au>) and the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), (<http://www.fahcsia.gov.au>) have funding and grant opportunities.

## Your local council

Community grants scheme: Local councils usually have a 'community grants scheme' that can be applied for at different times throughout the year.

## Our Community

**Easy Grants newsletter:** after paying a \$55 subscription fee, you will be emailed a monthly newsletter giving you a comprehensive list of current grants: [www.ourcommunity.com.au/easygrants](http://www.ourcommunity.com.au/easygrants)

## Vic Sports

Don't have grants but offer a useful resource, "A Guide to Grants and Funding Programs for Victorian Sporting and Recreation Service Organisations." (03) 9926 1376 or [www.vicsport.asn.au](http://www.vicsport.asn.au)

## 2.2 Useful Contacts

### Multicultural Organisations

**Migrant Resource Centres (MRC)** provides settlement services for refugees and migrants settling in Melbourne. A list of MRCs is included at the end of this section.

#### **Ethnic Communities' Council of Victoria:**

Advocates, lobbies, supports and shares information among and on behalf of Victoria's ethnic communities.

**Address:** 150 Palmerston Street, Carlton, 3053

**Phone:** (03) 9349 4122

**Web:** [www.eccv.org.au](http://www.eccv.org.au)

#### **Centre for Multicultural Youth:**

Statewide community based organisation that aims to strengthen and build innovative partnerships between young people, support services and the community to enhance life opportunities for young people from newly arrived migrant and refugee backgrounds.

**Address:** 304 Drummond Street, Carlton, 3053

**Phone:** (03) 9340 3700

**Web:** [www.cmy.net.au](http://www.cmy.net.au)

#### **ADEC:**

Action on Disability within Ethnic Communities

**Address:** 175 Plenty Road, Preston

**Phone:** (03) 9480 1666

**Web:** [www.adec.org.au](http://www.adec.org.au)

#### **AMES:**

Adult Multicultural Education Services

**Address:** 255 Williams Street, Melbourne

**Phone:** (03) 9926 4666

**Web:** [www.ames.net.au](http://www.ames.net.au)

#### **Australian Multicultural Foundation**

**Address:** 185 Faraday Street, Carlton

**Phone:** (03) 9347 6622

**Web:** [www.amf.net.au](http://www.amf.net.au)

#### **Victorian Multicultural Commission**

**Address:** Level 15, 1 Spring Street, Melbourne

**Phone:** (03) 9208 3184

**Email:** [info@vmc.vic.gov.au](mailto:info@vmc.vic.gov.au)

**Web:** [www.multicultural.vic.gov.au](http://www.multicultural.vic.gov.au)

### Other useful websites

Melbourne Immigration Museum:

[www.immigration.museum.vic.gov.au](http://www.immigration.museum.vic.gov.au)

Heritage Victoria:

[www.heritage.vic.gov.au](http://www.heritage.vic.gov.au)

### Sporting

#### **Australian Sports Commission**

**Address:** PO Box 176, Belconnen, ACT, 2616

**Phone:** (02) 6214 1111

**Web:** [www.ausport.gov.au](http://www.ausport.gov.au)

#### **Sport and Recreation Victoria**

**Address:** GPO Box 2392V, Melbourne, 3001

**Phone:** (03) 9666 4200

**Web:** [www.sport.vic.gov.au](http://www.sport.vic.gov.au)

#### **VicHealth: Victorian Health Promotion Board**

**Address:** 15–31 Pelham Street, Carlton, 3053

**Phone:** (03) 9667 1333

**Web:** [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

#### **Regional Sports Assemblies**

(Contact details available through VicHealth or SRV)



### 2.3 Websites

#### SBS radio

**Phone:** (03) 9949 2121

**Web:** [www.sbs.com.au](http://www.sbs.com.au)

#### 3ZZZ ethnic community radio

**Phone:** (03) 9415 1928/(03) 9415 1923

**Web:** [www.3zzz.com.au](http://www.3zzz.com.au)

#### 3CR community radio

**Phone:** (03) 9419 8377

**Web:** [www.3cr.org.au](http://www.3cr.org.au)

**Your Local Government** can assist you with locating and meeting ethno-specific organisations in your area.

**Play By The Rules:** [www.playbytherules.net.au](http://www.playbytherules.net.au)

Useful legislation information, sample policies and resources relating to discrimination in sport.

**Australian Sport Commission:** [www.ausport.gov.au](http://www.ausport.gov.au)

**Racism No Way:** [www.racismnoway.com.au](http://www.racismnoway.com.au)

Although this website is targeted towards students and teachers, it contains very useful information and resources regarding racism.

**Human Rights and Equal Opportunities Commission:**  
[www.hreoc.gov.au](http://www.hreoc.gov.au)

**Interfaith calendar:** [www.interfaithcalendar.org](http://www.interfaithcalendar.org)

### 2.4 Written Resources

*"Playing for the future: The role of sport and recreation in supporting refugee young people to 'settle well' in Australia"*  
Available through CMY (no cost).

*"Playing Fair: Guidelines for Tackling Discrimination in Sport"*  
Available to order through SRV.

*"Sport: Sustaining a Level Playing Field":*  
(Increasing the participation of young people from ethnic communities in sport).  
Available through SRV or CMY (no cost).

*"SBS World Guide"*  
Book detailing geographical, religious, cultural and linguistic information about countries around the world.  
Available through good book stores.

*"The Australian People"*  
(Edited by James Jupp)  
An encyclopaedia of the nation, its people and their origin.  
Available through libraries.

## 2.5 Migrant Resource Centres (MRCs)

The Department of Immigration and Citizenship (DIAC) provides funds to MRCs to assist in meeting the settlement needs of refugees, humanitarian entrants and other migrants, particularly those who have arrived in Australia recently. Victorian contact details are listed below:

### New Hope Migrant & Refugee Centre

(Formerly South Central Region MRC)

**Address:** 18 Chester St, Oakleigh VIC 3166

**Phone:** (03) 9563 4130

**Fax:** (03) 9563 4131

**Web:** [www.newhope.asn.au](http://www.newhope.asn.au)

**Email:** [equiry@newhope.asn.au](mailto:equiry@newhope.asn.au)

### New Hope Migrant & Refugee Centre

(Formerly SCR MRC Prahran Branch)

**Address:** 40 Grattan St, Prahran VIC 3181

**Phone:** (03) 9510 5877

**Fax:** (03) 9510 8971

**Web:** [www.newhope.asn.au](http://www.newhope.asn.au)

**Email:** [equiry@newhope.asn.au](mailto:equiry@newhope.asn.au)

### Migrant Resource Centre North West Region

**Address:** 45 Main Rd West, St Albans VIC 3021

**Phone:** (03) 9367 6044

**Fax:** (03) 9367 4344

**Web:** [www.mrcnorthwest.org.au](http://www.mrcnorthwest.org.au)

**Email:** [mrcnw@mrcnorthwest.org.au](mailto:mrcnw@mrcnorthwest.org.au)

### Spectrum Migrant Resource Centre (SMRC)

**Address:** 251 High St, Preston VIC 3072

**Phone:** (03) 9484 7944

**Fax:** (03) 9484 7942

**Web:** [www.spectrum.vic.org.au](http://www.spectrum.vic.org.au)

**Email:** [infor@spectrumvic.org.au](mailto:infor@spectrumvic.org.au)

### Spectrum MRC Moreland Outreach Service

**Address:** 13 Munro St, Coburg VIC 3058

**Phone:** (03) 9383 6233

**Fax:** (03) 9383 6299

### South Eastern Region Migrant Resource Centre

**Address:** Level 1, 314 Thomas St, Dandenong VIC 3175

**Phone:** (03) 9706 8933

**Fax:** (03) 9706 8830

**Web:** [www.sermrc.org.au](http://www.sermrc.org.au)

**Email:** [sermrc@sermrc.org.au](mailto:sermrc@sermrc.org.au)

### MRC NWR Hume Outreach Service

**Address:** 60 Belfast St, Broadmeadows VIC 3048

**Phone:** (03) 9351 1278

**Fax:** (03) 9351 1210

### SER MRC Casey Outreach Service

**Address:** 60 Webb St, Narre Warren VIC 3805

**Phone:** (03) 9705 6966

**Fax:** (03) 9705 6977

**Web:** [www.sermrc.org.au](http://www.sermrc.org.au)

**Email:** [sermrc@sermrc.org.au](mailto:sermrc@sermrc.org.au)

### Migrant Information Centre (Eastern Melbourne)

**Address:** Suite 2, Town Hall Hub, 27 Bank Street,  
Box Hill VIC 3128

**Phone:** (03) 9285 4888

**Fax:** (03) 9285 4882

**Web:** [www.miceastmelb.com.au](http://www.miceastmelb.com.au)

### Gippsland Multicultural Services Inc.

(Formerly Gippsland Migrant Resource Centre)

**Address:** 100-102 Buckley St Morwell VIC 3840

**Phone:** (03) 5133 7072 / 1300 304 552

**Fax:** (03) 5134 1031

### DIVERSITAT

(Formerly Geelong Migrant Resource Centre)

**Address:** 153 Pakington St Geelong West VIC 3218

**Phone:** (03) 5221 6044

**Fax:** (03) 5223 2848

**Web:** [www.diversitat.org.au](http://www.diversitat.org.au)

Information taken from the DIAC Website:

[www.immi.gov.au](http://www.immi.gov.au)





